

## USDA National Nutrient Database for Standard Reference Release 28

## Full Report (All Nutrients) 01208, Cheese, provolone, reduced fat

Report Date: December 09, 2015 16:05 EST

Nutrient values and weights are for edible portion.

## Food Group : Dairy and Egg Products

Carbohydrate Factor: 3.87 Fat Factor: 8.79 Protein Factor: 4.27 Nitrogen to Protein Conversion Factor: 6.38

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, diced 132g	1 oz 28.35g	1 cup, shredded 113g	1 cubic inch 14.3g	1 slice (1 oz) 28g	1 package (6 oz) 170g
<b>Proximates</b>										
Water	g	50.60	--	--	66.79	14.35	57.18	7.24	14.17	86.02
Energy	kcal	274	--	--	362	78	310	39	77	466
Energy	kJ	1146	--	--	1513	325	1295	164	321	1948
Protein	g	24.70	--	--	32.60	7.00	27.91	3.53	6.92	41.99
Total lipid (fat)	g	17.60	--	--	23.23	4.99	19.89	2.52	4.93	29.92
Ash	g	3.60	--	--	4.75	1.02	4.07	0.51	1.01	6.12
Carbohydrate, by difference	g	3.50	--	--	4.62	0.99	3.96	0.50	0.98	5.95
Fiber, total dietary	g	0.0	--	--	0.0	0.0	0.0	0.0	0.0	0.0
Sugars, total	g	0.55	--	--	0.73	0.16	0.62	0.08	0.15	0.94
<b>Minerals</b>										
Calcium, Ca	mg	756	18	17.043	998	214	854	108	212	1285
Iron, Fe	mg	0.52	5	0.065	0.69	0.15	0.59	0.07	0.15	0.88
Magnesium, Mg	mg	28	13	0.776	37	8	32	4	8	48
Phosphorus, P	mg	496	13	16.404	655	141	560	71	139	843
Potassium, K	mg	138	11	12.835	182	39	156	20	39	235
Sodium, Na	mg	615	--	--	812	174	695	88	172	1046
Zinc, Zn	mg	3.23	5	0.170	4.26	0.92	3.65	0.46	0.90	5.49
Copper, Cu	mg	0.026	--	--	0.034	0.007	0.029	0.004	0.007	0.044
Manganese, Mn	mg	0.010	--	--	0.013	0.003	0.011	0.001	0.003	0.017
Selenium, Se	µg	14.5	--	--	19.1	4.1	16.4	2.1	4.1	24.6
<b>Vitamins</b>										
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0	0.0	0.0	0.0	0.0	0.0
Thiamin	mg	0.019	9	0.004	0.025	0.005	0.021	0.003	0.005	0.032

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Riboflavin	mg	0.321	13	0.015	0.424	0.091	0.363	0.046	0.090	0.546
Niacin	mg	0.156	18	0.023	0.206	0.044	0.176	0.022	0.044	0.265
Pantothenic acid	mg	0.476	6	0.154	0.628	0.135	0.538	0.068	0.133	0.809
Vitamin B-6	mg	0.073	28	0.006	0.096	0.021	0.082	0.010	0.020	0.124
Folate, total	µg	10	15	1.110	13	3	11	1	3	17
Folic acid	µg	0	--	--	0	0	0	0	0	0
Folate, food	µg	10	15	1.110	13	3	11	1	3	17
Folate, DFE	µg	10	--	--	13	3	11	1	3	17
Choline, total	mg	12.9	--	--	17.0	3.7	14.6	1.8	3.6	21.9
Vitamin B-12	µg	1.46	8	0.136	1.93	0.41	1.65	0.21	0.41	2.48
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	141	--	--	186	40	159	20	39	240
Retinol	µg	137	--	--	181	39	155	20	38	233
Carotene, beta	µg	45	--	--	59	13	51	6	13	76
Carotene, alpha	µg	0	--	--	0	0	0	0	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0	0	0	0	0
Vitamin A, IU	IU	532	--	--	702	151	601	76	149	904
Lycopene	µg	0	--	--	0	0	0	0	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0	0	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.15	--	--	0.20	0.04	0.17	0.02	0.04	0.26
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00	0.00	0.00	0.00
Vitamin D (D2 + D3)	µg	0.3	--	--	0.4	0.1	0.3	0.0	0.1	0.5
Vitamin D3 (cholecalciferol)	µg	0.3	--	--	0.4	0.1	0.3	0.0	0.1	0.5
Vitamin D	IU	13	--	--	17	4	15	2	4	22
Vitamin K (phylloquinone)	µg	1.5	--	--	2.0	0.4	1.7	0.2	0.4	2.6
<b>Lipids</b>										
Fatty acids, total saturated	g	11.300	--	--	14.916	3.204	12.769	1.616	3.164	19.210
4:0	g	0.650	--	--	0.858	0.184	0.734	0.093	0.182	1.105
6:0	g	0.240	--	--	0.317	0.068	0.271	0.034	0.067	0.408
8:0	g	0.170	--	--	0.224	0.048	0.192	0.024	0.048	0.289
10:0	g	0.320	--	--	0.422	0.091	0.362	0.046	0.090	0.544
12:0	g	0.230	--	--	0.304	0.065	0.260	0.033	0.064	0.391
14:0	g	1.820	--	--	2.402	0.516	2.057	0.260	0.510	3.094

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16:0	g	5.400	--	--	7.128	1.531	6.102	0.772	1.512	9.180
18:0	g	2.020	--	--	2.666	0.573	2.283	0.289	0.566	3.434
Fatty acids, total monounsaturated	g	4.890	--	--	6.455	1.386	5.526	0.699	1.369	8.313
16:1 undifferentiated	g	0.580	--	--	0.766	0.164	0.655	0.083	0.162	0.986
18:1 undifferentiated	g	4.080	--	--	5.386	1.157	4.610	0.583	1.142	6.936
20:1	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.510	--	--	0.673	0.145	0.576	0.073	0.143	0.867
18:2 undifferentiated	g	0.330	--	--	0.436	0.094	0.373	0.047	0.092	0.561
18:3 undifferentiated	g	0.180	--	--	0.238	0.051	0.203	0.026	0.050	0.306
18:4	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000
Cholesterol	mg	55	--	--	73	16	62	8	15	94
<b>Amino Acids</b>										
Tryptophan	g	0.345	--	--	0.455	0.098	0.390	0.049	0.097	0.586
Threonine	g	0.982	--	--	1.296	0.278	1.110	0.140	0.275	1.669
Isoleucine	g	1.091	--	--	1.440	0.309	1.233	0.156	0.305	1.855
Leucine	g	2.297	--	--	3.032	0.651	2.596	0.328	0.643	3.905
Lysine	g	2.646	--	--	3.493	0.750	2.990	0.378	0.741	4.498
Methionine	g	0.686	--	--	0.906	0.194	0.775	0.098	0.192	1.166
Cystine	g	0.116	--	--	0.153	0.033	0.131	0.017	0.032	0.197
Phenylalanine	g	1.287	--	--	1.699	0.365	1.454	0.184	0.360	2.188
Tyrosine	g	1.520	--	--	2.006	0.431	1.718	0.217	0.426	2.584
Valine	g	1.640	--	--	2.165	0.465	1.853	0.235	0.459	2.788
Arginine	g	1.022	--	--	1.349	0.290	1.155	0.146	0.286	1.737
Histidine	g	1.115	--	--	1.472	0.316	1.260	0.159	0.312	1.896
Alanine	g	0.706	--	--	0.932	0.200	0.798	0.101	0.198	1.200
Aspartic acid	g	1.744	--	--	2.302	0.494	1.971	0.249	0.488	2.965
Glutamic acid	g	6.235	--	--	8.230	1.768	7.046	0.892	1.746	10.600
Glycine	g	0.433	--	--	0.572	0.123	0.489	0.062	0.121	0.736

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Proline	g	2.766	--	--	3.651	0.784	3.126	0.396	0.774	4.702
Serine	g	1.471	--	--	1.942	0.417	1.662	0.210	0.412	2.501
<b>Other</b>										
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0	0	0	0
Theobromine	mg	0	--	--	0	0	0	0	0	0